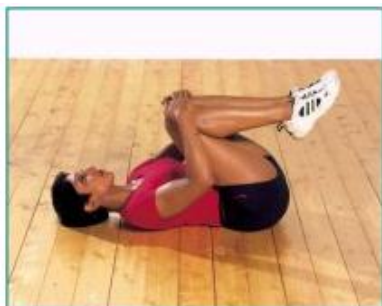


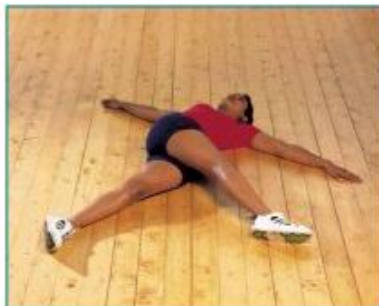
POST WORKOUT STRETCHES

After a workout your body is in the optimum condition to develop and improve flexibility. Whereas warm-up stretches just get your body ready for exercise, cool-down stretches build on and increase your existing flexibility. The stretches below should always be performed at the end of a training session. It is particularly important to keep your muscles warm during these stretches so always perform them indoors and wear warm clothing if required.



Flexion in lying; lower back/upper hamstrings:

Lie on your back with knees bent, feet on floor, grasp around knees and pull your thighs towards your chest. Slowly lower supporting the weight of the legs with your arms.



Rotation in Lying:

Lie on your back, arms out to the sides. Bend the right knee and gently rotate the knee to the left. Gently straighten the right knee until you reach the point of tension. Keep the head and arms flat on the floor.



Rotation in lying, knee bent; pectorals, lateral abdominals, buttock:

Start as in stretch 2. Grasp the knee with the left hand, let the right knee rotate across the body to the floor.



Extension; back care exercise/ rectus abdominus:

Lie face down, place your hand under your shoulders, fingers pointing forwards. Straighten your arms as far as your back will allow you to go, keeping your hips in contact with the floor and the buttocks and the hamstring relaxed.



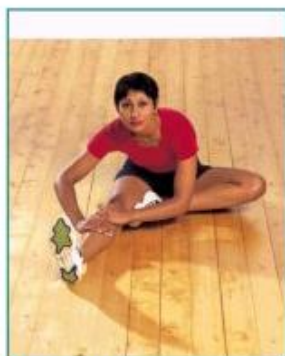
Rhomboids/latissimus dorsi:

Kneel on all fours, arms straight in front and spread slightly to the side. Lower your chest to the floor, keeping the pelvis still.



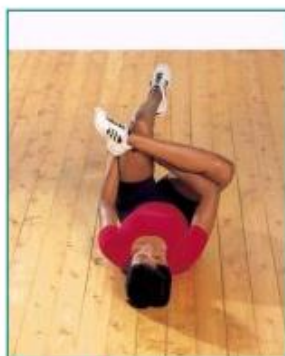
Piriformis, buttock, lateral torso:

Sit upright on the floor, cross the right foot over the left and slide the heel of the right foot towards you. Tuck the right hand on the outside of the right knee to apply the stretch. Turn your head to look over the left shoulder. Note: keep the right buttock in contact with the floor.



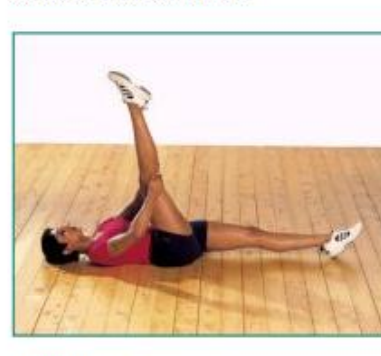
Hamstrings

Sit on the floor, bend the left knee and slide your heel towards the inner thigh. Keep your back straight and flex from the hips, taking the torso towards the right thigh.



Piriformis:

Lie flat on your back with the left knee bent. Place the right heel on the left knee. Take hold around the left thigh and draw the thigh up towards your chest.



Hamstrings:

Lie flat on your back, lift the right leg upwards with the knee bent until the hip is at right angle to your body, taking hold around the thigh, gently straighten the knee until you reach the point of tension.